



Management of Atrophic Vaginitis by Sthanika Chikitsa – A case study

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INTRODUCTION

Vaginitis is a condition characterized by infection and inflammation of the vagina. There are different infections based on causative organisms like bacterial, candidal, trichominal, monilial, gonorrheal etc. Vaginitis in postmenopausal women is called atrophic vaginitis. The term is preferable to senile vaginitis. There is atrophy of the vulvovaginal structures due to estrogen deficiency. After menopause, the vaginal defence is lost. The vaginal mucosa is thin and is

more susceptible to infection and trauma. There may be desquamation of the vaginal epithelium, leading to the formation of adhesions and bands between the walls. Vulvovaginal atrophy is a silent epidemic that affects up to 50%-60% of postmenopausal women who are suffering in silence from this condition. Hormonal changes, especially hypoestrogenism inherent in menopause, are characterized by various symptoms. More than half of menopausal women are concerned about the symptoms of vulvovaginal atrophy, such as dryness, burning, itching, vaginal discomfort, pain and burning when urinating, dyspareunia, and spotting during intercourse. These manifestations significantly reduce the quality of life and cause discomfort in the sexual sphere.

CASE REPORT

A female patient aged 60 years is attending the outpatient department, presenting with vaginal itching with burning sensation for one month and yellowish discharge per vaginally. Itching is hampering her daily activities. She was also suffering from burning micturition for 20 days. The complaints started gradually three

months ago, and she had not taken any treatment for this. Now for a month, the symptoms became severe day by day. Her Personal History- Diet: Mixed, prefers fried items, dry items Appetite: Moderate, Bowel: Constipated, Micturition: 3-4 times per day, burning sensation, Sleep: Sound, Habits: Intake of tea, 2-3 times, Exercise: Nil

Menstrual history- She attained menopause six years back.

On examination-

General examination - Conscious, well oriented, BP- 130/84mmhg, Pulse- 88/m, BMI-35

Systemic examination- External genitalia - itch marks seen in labia

Per speculum examination - Vagina dryness was seen with small hemorrhagic spots in vaginal walls

Cervix- Small, slight yellowish discharge seen

Per vaginal examination- Uterus - Anteverted, small, no fornices tenderness, no cervical motion tenderness.

Investigations - PAP Smear test - negative for intraepithelial lesion, Blood and Urine routine - Normal study

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INTERVENTION

Procedure	Drug	Days of treatment
Yoni prakshalana	Triphala kwatha	7days
Yoni Abhyanga	Mahanarayana taila	7 days
Yoni swedana	Nadi sweda	7days
Yoni pichu dharana	Shtavari ghruta	7 days
Shamana	Phala ghruta	30 days
	Rasna erandadi kashaya	30 days

RESULTS

The following changes were observed after treatment

Day of treatment	Vaginal itching and dryness	Burning sensation	Discharge
Day 1 and 2	no change	No change	Slightly seen
Day 3	no change	Slightly reduced	Slightly seen
Day 4	Slight reduction	No change	No change
Day 5 & 6	Slight reduction	Slight reduction	Reduced
Day 7	Reduced	Reduced	Reduced

After sthanika chikitsa and 20 days of shaman chikitsa patient came for follow up. There was symptomatic relief. There were no haemorrhagic spots and rashes on examination in the vagina. Yellowish discharge was absent. The internal medicines were continued for a month, and Pathyaharas were advised.

Before Treatment



After Treatment



DISCUSSION

Importance of sthanika chikitsa - Sthanika chikitsa means local treatments through the pelvic area. In Ayurveda. Sthanika chikitsa includes Yoni dhavana, pichu dharana, dhoopana, purana, yoni swedana, yoni varti and utara basti. These treatments have unique benefits like fast and more absorption due to the rich plexus there. Here, as we apply for medicines directly over the affected area, immediate results. In samanya chikitsa of yonivyapath along with shodhana and shaman sthanika, chikitsas are mentioned.

The vagina provides a good site for local effect and systemic drug delivery because of its large surface area, rich blood supply, avoidance of the first-pass effect, relatively high permeability to many drugs. It bypasses portal circulation, increasing the bioavailability of the drug. Action is based on the property

of medications used in taila, ghruta etc. This diminishes the chances of infection in the genital tract as taila is yoni-vishodhana.

The symptoms of atrophic vaginitis can be correlated with vatata yonivyapath in Ayurveda. Clinical features of vatata yonivyapath are roughness, dryness and numbness in the vagina, tingling sensation and pain. These are more close to the symptoms of vaginal atrophy. For the treatment, vatata yonivyapath, snehana, different sweda and sthanika chikitsas like parisheka, kalka dharana, pichu dharana internally vata prashamana yogas are mentioned.

Improving general health and treatment of infection and Systemic estrogen therapy to enhance the vaginal epithelium, raising glycogen content, and lowering vaginal pH is essential.

On this basis, in the above-mentioned case, we had given yoni dhavana to flush out the discharge. Yoni abhyanga was done with mahanarayana taila, which helped reduce dryness. Yoni swedana done with nadi sweda. Snehana and swedana together are very good treatments for vata pradhana vyadhis. Pichu kept with Shatavari truth helped retain a drug for a long duration. Shaman aushadhis helped in vata and pitta prashamana and improved general health.

CONCLUSION

Sthanika chikitsa with shaman aushadhis plays a vital role in treating atrophic vaginitis.

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3rd Edition of
Corporate Wellness Conference - 2021
"Corporate Wellness - The Key to a Productive Workplace"
20th November 2021 (Saturday) - 3:00 pm to 6:00 pm (Zoom)
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Corporate wellness has taken a back seat and survival of human resources has taken the priority in this ensuing pandemic. Now organizations are largely keen on safeguarding the lives of their work force by maintaining the safety protocols, treating the affected ones, and making sure vaccinations against the Covid19 are provided to all, etc. To sustain the growth, organizational transformation, such as, Human Resources, is very important for every business today. A paradigm shift in managing employee engagement is necessary, with prominence of maintaining the wellness and wellbeing of the employees.

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Special Address
Dr. Veena G. Rao
Professor and Head, Dept of PG Studies in Panchakarma, JSSAMCH, Mysuru

The sessions will deliberate on:
Virtual Wellness Offerings - Yoga and Meditations for improving Employee Morale.
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How to take care of lifestyle diseases, which are common among employees.

With this background, CIH Mysuru is organizing virtual conference Corporate Wellness Conference - 2021, "Corporate Wellness - The Key to a Productive Workplace" is scheduled between 1500 - 1800 Hrs on 20th November 2021 through Cisco WebEx Platform.
Kindly note: The Participation in the conference is by invitation only and no charges are involved.

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On the occasion of Dhanvantari Jayanthi and 6th National Ayurveda Day 2021, JSS Ayurveda College had organized a series of guest lectures

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On the eve of Dhanvantari Jayanthi and 6th National Ayurveda Day 2021
Department of Prasooti & Stree Roga
Organizes Guest Lecture On
GARBHINI POSHANA
On 02-11-2021 at 11.00AM
VENUE :- YOGA HALL

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Assistant Professor
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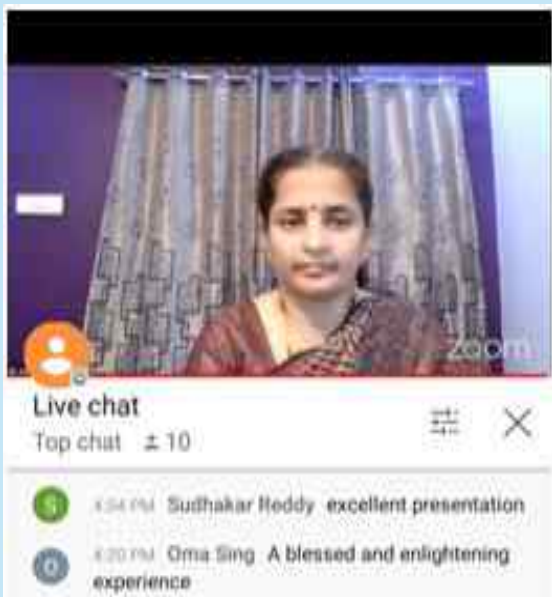
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Dr. Kavitha, Assistant Professor, Dept of Prasooti and Stree Roga, GAMC, Mysuru discussing the topic- Garbhini Poshana on 2nd November 2021 at 11 am in JSSAMC, Mysuru.

Dr. Veena. G. Rao, Professor and Head, Dept of PG studies in Panchakarma, JSSAMCH, Mysuru, gave the special Address note organized by Corporate Wellness Conference-2021, "Corporate Wellness-The Key to a Productive Workplace (Resilience in Uncertain Times) on 20th November 2021 from 3 pm to 6 pm through Zoom Platform.



From the Department of Kayachikitsa, a discussion on Nutrition in Geriatrics -An Ayurvedic perspective was organized on 23rd November 2021 at 11 pm. Dr. Muralidhar Pujar, Professor from SDM College of Ayurveda, Hassan delivered the lecture.



A Free General Health Camp was organized by the Department of PG Studies in Shalya Tantra and NSS Unit in association with Tejaswi Hospital in Mallegoudana Koppalu, KRS, Mysuru. It was organized on 26th November 2021 from 9 am to 2 pm. More than 187 patients got benefited and free medicines were distributed during this camp.

ACHIEVEMENTS



Dr. Deepa. C Patil, Professor, Dept of Kayachikitsa was awarded as Best NSS Officer for the year 2018-19.



Mysuru Medical College, Mysuru had Organized Intra-College Sports competition on the occasion of Annual Fest 2021, Samsrushti. Our college Boy's Cricket team(Super Six) won the final Cricket match against Mysore Medical College, Mysuru, on 26th and 27th November 2021.



Dr. Nimmi, a First-year PG scholar of the Department of PG studies in Swasthavritta, JSSAMC, Mysuru, received the award as Winner for essay writing competition held by Viswa Ayurveda Parishad, Bhopal division at Bhopal today on 12th November 2021.



Ms. Meghana Chandrashekar, II BAMS Student, JSSAMC, Mysuru, has won SECOND PRIZE in NATIONAL LEVEL DIGITAL POSTER MAKING COMPETITION organised by SDM College of Ayurveda, Hassan.

I appreciate the administrative acumen and prompt service of Mrs Nanditha and her team. I stayed for seven days and took rejuvenation treatment here, and the treatment was excellent—a very caring attitude by all, right from Dr Beena to the housekeeping staff. Facility manager Mr Mallikarjunaswamy quickly responded to the problems I faced. I want to rate the Hospital with an A+ grade.

Dr. G. Thanga Durai

Highly appreciate all the staff of this hospital for their excellent work and approach. Dr Beena has supervised my treatment and done well. Felt very comfortable with her. From the nursing superintendent to all the nursing staff, the therapists, the cleaning staff and the supporting staff (Mr Mallikarjun) are helpful and very supportive.

I especially appreciate Mrs Nanditha ShenoI guiding us correctly and explaining the treatment procedure.

Dr. P Sreekala

I was here for my IBS and constipation problem. The overall treatment was good. The room I stayed in was ultra-deluxe which is clean and well maintained. The staffs, nurses, and doctors are amicable. I felt very comfortable and pleased about the way it was maintained.

Arvind S

Patients Speak

HOUSEKEEPING: Excellent! All the staff of housekeeping are excellent and punctual.

NURSING STAFF: I have not seen a better nursing staff in any other hospital in my lifetime. Very well behaved and well-spoken. Head nurse Jyothi madam has trained them, and they are kept happy.

Admin: Siddaraju is great! He has a fantastic attitude and service mindset, and he is a real asset to this hospital.

Therapy: This is the backbone, and I feel pleased and satisfied with all the therapists' kind of treatment and wholehearted effort.

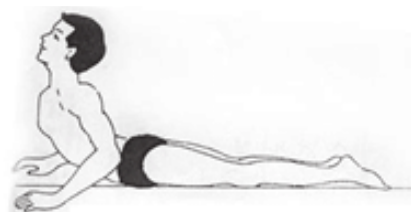
Special thanks to Mrs Nanditha Madam, who helped me solve all my queries, making me understand more about the procedure and feel much better.

- Sathya U

I have a lot of trusts in Indian Ancient medicines and treatments like Ayurveda, Naturopathy, etc. I came here with high expectations and hope for myself, my wife, and my sister-in-law Roopa. I have no complaints about the doctors, but there are many scopes to improve.

Balachandran P

ASANAS OR POSTURES



According to sage Patanjali- through sthiram, sukham asanam, the posture becomes firm, fixed and comfortable and controls the body's natural tendencies. It is also beneficial to practice meditation on the infinite in this posture. By performing this asana, one can achieve effortless alertness by which the body becomes perfectly steady but relaxed.

According to Hatha Yoga, asana is the first step to embark on the journey. According to Patanjali, asana should be practised after following Yamas and Niyamas. Lord Krishna has also mentioned in Bhagavadgita that posture for the practice of yoga should be still and erect (spine and head in one line) sitting posture.

RULES AND REGULATIONS FOR PRACTICE OF ASANAS

1. Asanas should be practised in clean, hygienic, well-aerated, serene and calm.
2. The ground on which asanas are done should be flat.
3. Asanas should be practised, preferably on an empty stomach early morning or at least four hours after food intake.
4. Asanas should be practised after emptying the bowel and bladder.
5. One should try to imbibe Yamas and Niyamas in his routine life as much as possible before he starts Yoga practice.
6. One should have discipline, faith, determination and enthusiasm to practise asanas.
7. One can have a bath and then practice asanas, or after

completion of practice, one should give a gap of 15 minutes and then have a bath.

8. After completion of asana practice, one can take food after a gap of 30 minutes.
9. One should practice asana by spreading a carpet on the floor.
10. One must be aware, alert, and calm and keep his mind in the posture during practice.
11. After practising asanas for about one to one and half hours, one must do 'Shavasana' for at least ten minutes.
12. During menstrual cycles and the early months of pregnancy, females should not practice asanas. It should be avoided if anyone is suffering from acute diseases like cold, fever and diarrhoea; one should not practice.

Benefits of Asana:

1. According to Patanjali, 'Duality of mind' vanishes by doing asanas. One attains stability of mind. Also, his body will never be touched by variations in an atmosphere like heat and cold.
2. The body becomes fit, refined and flexible.
3. Stretching and contraction of muscles enhance the blood circulation to specific organs, thereby improving its nutrition, nerve supply, and drainage, improving its functioning capacity.
4. Because of improved blood circulation, there will be balanced optimum secretion of all hormones rendering well-controlled

physiological and biochemical functions of all organs.

5. Asana does the internal massage to our body organs and flushes out impure blood from them. Visceral congestion is removed.
6. Asana also improves peripheral circulation by opening tiny capillaries. This reduces the workload on the heart.
7. One can prevent ageing and cure many psychosomatic diseases and stress-related diseases. In this way, asana practice takes a person towards perfect health.

Krishna Jeeraka

(Black Caraway)

Botanical name: Carum Carri

Family: Apiaceae

In, PCOS – It helps to lose weight. It can be taken in a quarter teaspoon mixed with honey followed by warm water.

- It improves digestion strength.
- It can be used in bloating, flatulence, abdominal pain.
- Relieves nausea and vomiting.

